

These classes are designed especially for older adults, but are open to any adult. To register for the following classes, please stop by or call the Joslyn Center. Preregistration required for all classes.

REFUND POLICY:

A minimum six-week processing period is required for all refunds. Refunds must be requested before the second class meeting and will be prorated for classes that have taken place. If class is canceled by the City, a full refund will be issued. No refunds will be issued for material fees. No credits or refunds for classes missed by participant.

AARP DRIVER SAFETY CLASS REFRESHER COURSE

This is a four-hour refresher course for those who have previously taken the eight-hour course.

INSTRUCTOR: Ted Bautista

LOCATION: Joslyn Center

DATES: August 22

DAY & TIME: Wednesday, 11:30 am-4 pm

FEE: \$12/1 day AARP members, \$14/1 day nonmember (check payable to AARP)

TEXTING 101 FOR SENIORS

Confused with all this texting stuff? Ever wondered what all those letters mean? Look no further. This one-day texting workshop will cover basic techniques. In no time you will see how much fun you will have conversing with family and friends.

INSTRUCTOR: Vanessa Ibanez

LOCATION: Joslyn Center

DATE: July 11

DAY & TIME: Wednesday, 1-2 pm

FEE: \$5/1 day

HEALTHY HEART COOKING CLASS

Prepare to cook tasty and healthy recipes. This healthy cooking class is perfect for the folks trying to cut back on greasy foods and those trying to live a healthier lifestyle.

INSTRUCTOR: Terri Thomas

LOCATION: Joslyn Center, Kitchen

BEGINNING: August 21

DAY & TIME: Tuesday, 1:45-3 pm

FEE: \$30/4 weeks, plus \$18 material fee paid to instructor on first day of class

BEGINNING BEADING WORKSHOP

Learn how to create bracelets and earrings at this introductory level beading class. Seed beads, glass beads and toggle clasp will be used to make the bracelet.

INSTRUCTOR: Pamela Notti

LOCATION: Joslyn Center, Auditorium

DATES: July 19

DAY & TIME: Thursday, 12-3 pm

FEE: \$35/1 day, plus \$10 material fee paid to instructor on first day of class.

(Preregistration is required.)

TAI (CHI KUNG) STRETCH

This class will cover a combination of isolated exercises for joints and muscles that may help with carpal tunnel and other muscle or joint problems. Learn breathing techniques for stress through Yoga, balance and strength through Tai Chi and an introduction to “Chi Hula.”

INSTRUCTOR: Gabe (Tavanna) Van Leeuwen

LOCATION: Joslyn Center, Auditorium

BEGINNING: July 10

DAY & TIME: Tuesday, 10:15-11:15 am

FEE: \$22/8 weeks

ZUMBA

Ditch the workout and join the Party! Zumba, a Latin-inspired workout is fun, exhilarating and effective! You'll forget you're working out with the easy-to-follow dance moves and upbeat music like Cha-Cha, Salsa, Reggaeton, Rumba and more. Best of all, you don't need any previous dance experience! No class July 2 and 5.

INSTRUCTOR: Susie Perez

LOCATION: Joslyn Center, Auditorium

BEGINNING: August 13

DAYS & TIME: Monday and Thursday, 3-4 pm

FEE: \$28/7 weeks or \$5 per class drop-in

ARTHRITIS EXERCISE CLASS

This free class is designed to help people with any form of arthritis to keep joints flexible, maintain joint range of motion and build overall stamina.

INSTRUCTOR: Terri Thomas

LOCATION: Joslyn Center, Auditorium

BEGINNING: Continuous-attend anytime

DAYS & TIMES: Monday, 1-2 pm and Wednesday, 12-1 pm

FEE: FREE

BEGINNING LINE DANCING

Learn the easy and basic steps of line dancing. This class will cover the proper heel, toe steps along with basic dance moves.

INSTRUCTOR: Marilyn Akey

LOCATION: Joslyn Center, Auditorium

BEGINNING: August 14

DAY & TIME: Tuesday, 2:30-3:30 pm

FEE: \$16/6 weeks

EZ INTERMEDIATE LINE DANCING

This class is designed for those who have some line dancing experience. Learn more advanced dance steps so you will feel confident to get out on the dance floor.

INSTRUCTOR: Marilyn Akey

LOCATION: Joslyn Center, Auditorium

BEGINNING: August 14

DAY & TIME: Tuesday, 1-2:30 pm

FEE: \$18/6 weeks

FAMILY HISTORY GENEALOGY

Have you ever wondered how to trace your family ancestry? This one-day class will teach you how to do so. You will be walked through the basic steps from start to finish. Sign up now!

INSTRUCTOR: Bill Sumbot

LOCATION: Joslyn Center, Conference Room

DATE: July 16

DAY & TIME: Monday, 10 am-12 pm

FEE: \$10/1 day

CLASSES PROVIDED BY MT. SAC

All classes are held at the Covina Joslyn Center, 815 N. Barranca Ave. All classes are on a walk-in basis. ALL CLASSES ARE FREE. Must purchase own supplies.

Summer Classes: July 9-August 3

Fall Classes: August 27 – December 16

WATERCOLOR PAINTING

Principles of drawing, design, color, composition for watercolor painting and emphasizing creative skill development.

DAY & TIME: Monday, 9 am-12 pm

(Students are responsible for bringing their own materials.)

HOME GARDENING

Organic gardening, indoor plants, fruit orchards, traditional gardening, pesticides, design, pruning and fertilization are covered.

DAY & TIME: Monday, 1-3 pm

SENIORCISE

Designed for older adults to promote strength, toning, range of motion, flexibility, endurance and coordination.

DAYS & TIME: Tuesday/Thursday, 9-10 am

KNITTING & CROCHETING

Needlework techniques including knitting, crocheting and embroidery.

DAY & TIME: Thursday, 9 am-12 pm

YOGA

Improve stamina, lung capacity, flexibility, muscle tone and circulation.

DAY & TIME: Thursday, 10-11:30 am

FALL PREVENTION: BALANCE AND MOBILITY

Older adults learn to prevent falls through balance, mobility and risk prevention.

DAY & TIME: Thursday, 11:30 am-12:30 pm

2012 FALL CLASSES (Preview) - [Click Here](#)